

WE CLAIM:

1. A method of playing lacrosse, wherein one or more players is capable of adjusting the length of their stick during a game without leaving the playing field.
2. A method of playing lacrosse, wherein one or more players is capable of adjusting the length of their stick without using any separate tools.
3. A method of playing lacrosse, wherein one or more players is capable of replacing a head or shaft portion of their lacrosse stick without using any tools.
4. A method of playing lacrosse, wherein one or more players is capable of replacing a head or shaft portion of their lacrosse stick during a game without leaving the playing field.
5. A lacrosse stick capable of being adjusted in length without using any separate tools.
6. A lacrosse stick capable of being adjusted in length during a game without leaving the playing field.
7. A lacrosse stick having at least one shaft portion made from a group of materials comprising at least the combination of titanium and carbon fiber.
8. A lacrosse stick wherein a head or shaft portion of the stick is capable of being replaced by a player without using any separate tools.
9. A lacrosse stick wherein a head or shaft portion of the stick is capable of being replaced by a player during a game without having to leave the playing field.